ITALIAN TWIST ON COMFORT FOOD
GRILLED CHEESE FOR COOL DAYS {page 20}

SLICK MOVES JUMP OFF SCREEN
BRIT ACTRESS TURNS DANCING QUEEN {page 12}

WINSLET MULLING MARRIAGE AGAIN? {page 15}

OTTAWA metro®
Wednesday, September 29, 2010
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Gov. Gen. reflects on 5-year term

- Michaëlle Jean speaks for the first time about Stephen Harper's 2008 prorogue request
- Will continue to reside in Ottawa in new job for UN

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Gov. Gen. Michaëlle Jean laughs during a farewell interview at Rideau Hall yesterday.

After almost two years, Gov. Gen. Michaëlle Jean has broken her silence about the day she saved the Harper government.

With her mandate winding down, Jean shared some of her thoughts yesterday in a farewell interview with The Canadian Press.

She said she never meant to keep the country in suspense when she kept the prime minister waiting two hours before granting his prorogation request. But she felt she needed to make the right decision and took her time in making the final call.

"I had the duty to make a decision. It couldn't be dealt with in just a few minutes," Jean said. "So I had to analyze, I had to anticipate what my decision would imply — whatever it was."

She made the remarks while seated in the same Rideau Hall office where, two years earlier, she had hosted Harper. Outside her door, moving vans were lugging some of her personal belongings to her new Ottawa home.

Jean said her 11-year-old daughter asked to stay in the capital because she has grown attached to it and asked her parents not to move. Jean will run her charitable foundation and her new United Nations job out of offices at the University of Ottawa.

Jean said she believes that as long as Canada has a viceroyal office, it can be used to accomplish good things.

She said she hopes her five-year term helped give a voice to people in Canada and abroad. THE CANADIAN PRESS

Sens. Lose

▶ Ottawa Senators goalie Robin Lehner stops a shot last night. Story, Page 24.

DAVE CHIDLEY/THE CANADIAN PRESS

Sens fall short in Hockeyville

The Buffalo Sabres edged the Senators 2-1 in NHL pre-season action last night in Dundas, Ont. The town near Hamilton won the right to host the pre-season game through the Kraft Hockeyville program.

Red light gets the green light

Canada's prostitution law struck down in court {page 6}

School lunches off the mark

Student lunches need nutritional kick {page 22}

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Cost of borrowing is $1,058.92, total obligation is $11,058.92. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Excludes Chevrolet Silverado Hybrid, GMC Sierra Hybrid and Cadillac Escalade Hybrid. ‡Example: $10,000 at 0% for 36 months, the monthly payment is $277.78/$377.16/$459.01/$513.01 with one final payment of $5,953.48/$11,454.78/$8,086.59/$13,656.80. Cost of borrowing is $1,611.56/$5,454.76/$1,952.18/$4,899.56, total obligation is $22,699.56/$30,652.76/$22,852.18/$28,897.56. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Excludes Chevrolet Silverado Hybrid, GMC Sierra Hybrid and Cadillac Escalade Hybrid. ∞Example: $10,000 at 5.99% APR with 48 month option and payments amortized over 71/81/66/76 months, the monthly payment is $319.79/$377.16/$459.01/$513.01 with one final payment of $5,953.48/$11,454.78/$8,086.59/$13,656.80. Cost of borrowing is $12,699.59/$15,530.65/$7,852.85/$8,858.89/$6,956. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Excludes Chevrolet Silverado Hybrid, GMC Sierra Hybrid and Cadillac Escalade Hybrid. ▲Example: $10,000 at 4.7% APR with 66 month option and payments amortized over a term of up to 84 months. All months 47-49 or 59-61 customer may: (i) exercise option to return vehicle for sale to Ally Credit, if applicable conditions met, including payment of $199 disposal fee and any excess wear/tear charges; (ii) continue at initial payment amount for remainder of amortization term; (iii) trade-in vehicle to dealer; or (iv) pay outstanding balance in full (amount determined at purchase date). Example: $18,998/$24,998/$28,898/$33,998 at 5.99%/5.99%/4.7%/4.3% APR with 48 month option and payments amortized over 71/81/66/76 months, the monthly payment is $319.79/$377.16/$459.01/$513.01 with one final payment of $5,953.48/$11,454.78/$8,086.59/$13,656.80. Cost of borrowing is $12,699.59/$15,530.65/$7,852.85/$8,858.89/$6,956. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. 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Terror suspect granted bail

One of three men facing terrorism-related charges has been granted bail.

Misbahuddin Ahmed, of Ottawa, was ordered released by a justice of the peace after relatives agreed to post bonds totalling $625,000.

Details of his hearing are under a publication ban.

Ahmed were arrested in August in connection with an alleged plot to bomb government buildings and public transit systems.

Hiva Alizadeh, of Ottawa, and Khurram Sher, of London, Ont., were also arrested and remain in custody.

All three are charged under the Anti-Terrorism Act with conspiracy to knowingly facilitate a terrorist activity.

Ahmed is also charged with possession of an explosive substance with intent to harm.

Sher faces the same charges as Ahmed, plus a count of providing property or financial services for the benefit of a terrorist group.

Ahmed, 26, worked as an X-ray technician at an Ottawa hospital. Sher is a 28-year-old doctor of pathology who once auditioned for the Canadian Idol program. Alizadeh, 30, studied electrical engineering technology in Winnipeg.

THE CANADIAN PRESS

PAWEL DWULIT/THE CANADIAN PESS

▶ Ahmed

TIM WIECLAWSKI / METRO OTTAWA

▶ For Andy Haydon, who signed up for the mayor's race on the last possible day, rapid transit is without question the most important issue in this campaign.

Zero tax hike priority: Mayor

Only Larry O'Brien, Andy Haydon and Jim Watson attended the most recent debate ◐ Candidate Clive Doucet invited, but was at meeting

TIM WIECLAWSKI
@METRONEWS.CA

If targeting a zero increase to property taxes means the city has to reduce the quality of its services and the number of its staff, "so be it," says Mayor Larry O'Brien.

"Unless we go in that route we'll never get full control of our spending habits," O'Brien told people gathered for a debate among three mayoral candidates organized by the Building Owners and Managers Association of Ottawa.

Jim Watson questioned O'Brien's plans to build a $2.1-billion rapid transit system, redevelop Lansdowne Park, pay for the Ottawa River Action Plan, and build a ring road without raising taxes. It's virtually impossible, he said.

Watson has promised to cap any property tax increase at 2.5 per cent.

Making any kind promise when it comes to taxes doesn't make sense, said Andy Haydon, with pension issues and salary increases, he said a freeze or a 2.5 per cent promise is not realistic. "I don't know, these people may be miracle workers ... I will never make a promise on taxes, because I will never agree to anything that will threaten the future of this city," he said.

Election

If he wins this election, it will be the last time Larry O'Brien runs for mayor of Ottawa.

▶ **Term limits** O'Brien came out strongly in support of term limits for municipal politicians, saying that if a politician cannot get the job done in eight years, they shouldn't be there.

1 news

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Michaelle Jean reflects on her five-year term as Governor-General. Video at metronews.ca/canada

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BEAVER POND

Residents seek to save forest

Residents in west Ottawa are gearing up to fight a battle to save the Beaver Pond Forest in the South March Highlands.

The area is currently zoned for development and could someday be the site of a 3,000-home subdivision, but opponents to a planned development area say the two-kilometre forest is one of the most biodiverse regions in Canada and must be preserved.

They say development of the forest will have profound environmental consequences and are calling on residents to encourage their city councillor to support a motion to expropriate the land at the next meeting on Oct. 6.

TIM WIECLAWSKI

Y Women award noms open

Nominations for the 16th Y Women of Distinction Awards are now open. The awards honour, encourage and recognize women whose activities contribute to the health and future of our community. National Capital Commission CEO Marie Lemay helped launch the nominations program this morning. TIM WIECLAWSKI

Radiothon helping Igor victims

The LiVE 88.5 StartUp morning show is holding a "Help for Home Radiothon" this morning to help those who have been affected by hurricane Igor. The StartUp will be accepting donations and speaking with famous Newfoundlanders such as Rick Mercer, Rick Hillier and Tim Powers.

TIM WIECLAWSKI

Mental health program for women launched

Principles are respect, collaboration, empowerment and recovery

STEVE COLLINS
OTTAWA@METRONEWS.CA

The Royal Ottawa Mental Health Centre will focus on meeting the needs of women with a new program designed specifically for them.

Hospital executives, Ontario Children and Youth Services Minister Laurel Broten and mental health spokesperson Margaret Trudeau yesterday attended the official opening of the Shirley E. Greenberg Resource Centre for Women, which will house the Women's Mental Health Program.

Greenberg donated $1.5 million towards the program, the largest gift ever received by the hospital in its 100-year history.

"Women experience mental illness differently from men," said Dr. Allison Freeland, who heads the new program.

"Women's unique physiology has a bearing on mental health treatments and their effectiveness. In addition, women's traditional social responsibilities as mother and caregiver and partner can impact or be impacted by mental illness."

Trudeau, former wife of prime minister Pierre Trudeau, spoke about her own struggles with mental illness and her treatment at the Royal.

STEVE COLLINS/FOR METRO OTTAWA

▶ From left to right, Laurel Broten, Ontario's minister responsible for women's issues, speaks with Dr. Allison Freeland, Shirley Greenberg and Margaret Trudeau at the opening of the Royal Ottawa Mental Health Centre's new resource centre for women.

"I was very angry and furious that I was being told that I was mentally ill, although it was very clear, and that I needed to be hospitalized. That was the best day of my life, the worst and the best, because I was delivered into the hands of people who not only were compassionate, but who really wanted to help me help myself."
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Union targets Taylor

LCBO workers' local points to candidate's provincial Liberal past

STEVE COLLINS
OTTAWA@METRONEWS.CA

The Ottawa LCBO employees' union is urging its members not to vote for Bay Ward candidate Mark Taylor.

OPSEU Local 499 cited Taylor's history as an assistant to Jim Watson at Queen's Park.

"We met with Mark Taylor when he was working for Jim Watson and he wouldn't support our anti-privatization campaign for the LCBO," said Local 499 president Lori Davis.

"How could we dare support Mr. Taylor now?"

"They're certainly free to do whatever they will," Taylor said of the LCBO union.

"I've been canvassing since January in Bay Ward. We've done the entire ward twice. I've spoken to literally thousands of people and no one wants to talk to me about provincial issues, they want to talk about municipal issues, neighbourhood issues, those sorts of things." BAY WARD CANDIDATE MARK TAYLOR

SUBMITTED

▶ Mark Taylor

Rideau. Swan song

▶ Gov.-Gen. Michaëlle Jean applauds as she stands in the newly renovated greenhouses at Rideau Hall yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

Last week for Jean

This is Jean's final week as Canada's 27th Governor General. David Johnston will be sworn in as the new Governor General on Oct. 1.

Local man named top master of draughts

SUBMITTED

▶ Marc Pronovost

Marc Pronovost's skill with a beer tap has earned him national bragging rights as Stella Artois' 2010 Canadian Draught Master.

The Barrhaven man's perfect pour beat 15 other contestants from across the country in Toronto Friday, a victory he described as, "an unbelievable and surreal experience."

"Throughout the competition my hands were steady and my head was clear — I kept my cool and I think that's what set me ahead of the rest," he said.

Pronovost will pull for Canada on the world stage at the 2010 Stella Artois World Draught Master Competition in London, England, on October 28.

STEVE COLLINS

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Ontario court strikes down prostitution law

Canada could become a sex-tourism destination if related activities are decriminalized: Federal government

A sex-trade worker who challenged Canada's prostitution laws hailed yesterday as "emancipation day" after provisions that effectively criminalize prostitution were struck down as unconstitutional by an Ontario court.

Laws against keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade "are not in accord with the principles of fundamental justice," the Ontario Superior Court ruled.

They put sex-trade workers in danger, the court said.

KEVIN FRAYER/THE CANADIAN PRESS

▶ Dominatrix Terri-Jean Bedford, a.k.a. Madame de Sade.

"You can't imagine how happy I am today because I've been abused by the justice system for a very, very, very long time," dominatrix Terri-Jean Bedford said at a news conference while clasping her leather riding crop.

"This is poetic justice."

Prostitution was not illegal in Canada, but the court struck down three provisions that criminalized most aspects of prostitution.

"These laws, individually and together, force prostitutes to choose between their liberty interest and their right to security of the person as protected under the Canadian Charter of Rights and Freedoms," Justice Susan Himel wrote her in decision.

The judgment is subject to a 30-day stay.

THE CANADIAN PRESS

Olympic. Spirit

▶ Canadian bobsled Olympian Chris le Bihan holds up the new version of the Olympic red mittens.

LARRY MACDOUGAL/THE CANADIAN PRESS

Red mittens all the rage

The cheap and wildly popular souvenirs from the 2010 Winter Games have been updated and re-launched by the Canadian Olympic Committee. Proceeds from the $10 mittens will continue to support Canadian athletes. They're sold at The Bay, Zellers and Home Outfitters.

Hurricane collapses Mexican hillside

A hillside collapsed on hundreds of sleeping residents yesterday in a rural Mexican community drenched for days by a hurricane and a tropical storm, killing at least seven and leaving at least 100 missing, disaster officials said.

Donato Vargas, an official in Santa Maria de Tlahuitoltepec, said the slide dragged houses packed with sleeping families some 400 metres downhill.

THE ASSOCIATED PRESS

"We have been using a backhoe but there is a lot of mud. We can't even see the homes, we can't hear shouts, we can't hear anything."

DONATO VARGAS, AN OFFICIAL IN SANTA MARIA DE TLAHUITOLTEPEC

Are you a parent with Depression?

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For more information contact Wendy Fusee:
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Wendy.Fusee@rohcg.on.ca

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
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If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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01-27-10

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What Our Patients Are Saying About the Treatment:

I am back to working as though I was 30 again. My son and I took a racing trip to Kentucky, driving a 30 foot RIG. On the way home, I had tire failure that required extreme lifting and towing. Although exhausted physically, my neck and spine passed with flying colours. My son and I had to push a weight of 500 pounds on the highway to get back home. When I got home, my wife was waiting anxiously thinking that my pinched nerve would be back again. To her astonishment, I was feeling great! THANKYOU CDPC!

- Mr. & Mrs. Ollie Stephan

Before I threw my back out, I was on a walking program – 1 hour each day for 3 miles. When I saw the ad of spinal decompression, I could barely walk. I was tired of taking countless Robaxacet pills, drugs only mask the pain. CDPC was one of the best decisions I've ever made. After a month and a half of treatments, I'm feeling MUCH better. Once my lower back is 100%, I'm going to start treatments for my upper back. I'm happy to say I've also begun my walking program again. CDPC, you've found a customer that'll keep coming back!

- Quinn, B.

Teaching Grade 4 can be hard on your back and feet. I had been going to physio, chiro for the last five years with no results. When I read about this new treatment, I brought my mother and came in for consultation. Both of us are taking these treatments and I have been able to work in my garden and looking forward to another school year without dreading the pain. THANKYOU CDPC!

- Menelaou, A.

After being a long time sufferer of neck pain, I felt I was reaching my wits end. I had tried everything in the book – acupuncture, chiro, and massage. I refused to give up. That's when I decided to give spinal decompression at CDPC a try. After 5 treatments, I am able to actually move my neck without pain. I am happy to recommend this to anyone in pain.

Biltrami, A.

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RUSSIA

Moscow's mayor gets the boot

President Dmitry Medvedev fired Moscow's boisterous mayor yesterday, ousting the man who gave the capital a modern facelift but destroyed some of its most precious historic landmarks amid a construction boom that turned his wife into Russia's wealthiest woman.

Medvedev signed a decree relieving the 74-year-old Yuri Luzhkov of his duties due to a "loss of confidence" in him after Luzhkov openly defied the Kremlin and rejected a face-saving offer to resign after 18 years on the job.

Medvedev and his predecessor and mentor, Prime Minister Vladimir Putin, appeared to be sending a powerful signal that no regional leader was indispensable. THE ASSOCIATED PRESS

Blogger tossed in Iranian jail

An Iranian court has sentenced the founder of one of the first Farsi-language blogs, credited with sparking the boom in Iranian reform bloggers, to more than 19 years in prison for his writings, a news website reported yesterday.

Iranian-Canadian Hossein Derakhshan, 35, was a controversial figure among Iran's blogging community. Writing his blog from Canada, he was initially a critic of Iran's clerical leadership. But he later became a vocal supporter of hardline President Mahmoud Ahmadinejad.

Derakhshan then visited Iran in 2008 and was arrested. THE ASSOCIATED PRESS

Man opens fire at Texas university

TAMIR KALIFA/AP PHOTO/THE DAILY TEXAN

▶ University of Texas students hold their phones for updated text messages after a shooting on campus.

◀ No students hurt in rampage ▶ But gunman fatally shoots himself

A man wearing dark clothes and a ski mask opened fire with an assault rifle yesterday inside a University of Texas library, then fatally shot himself. Police were hunting for a possible second suspect.

The 50,000-student campus — the site of one of the country's deadliest shooting rampages four decades ago — was on lockdown while officers with bomb-sniffing dogs carried out a building-by-building manhunt.

Campus police spokeswoman Rhonda Weldon said a man fired an automatic weapon on the sixth floor of the Perry-Castaneda Library then shot himself dead. Austin Police Chief Art Acevedo said the gunman fired an AK-47.

Acevedo told a news conference that police are investigating what he described as a second crime scene outside the library where shots also were fired.

Randall Wilhite, an adjunct law professor at the university, said he was driving to class when he saw "students start scrambling behind wastebaskets, trees and monuments," and then a young man carrying an assault rifle sprinting along the street.

The professor said the gunman had the opportunity to shoot several students and Wilhite, but didn't.

Police were patrolling nearby buildings to hunt for the possible second suspect and make sure no explosives had been left behind. THE ASSOCIATED PRESS

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News in brief

Conrad Black set to appeal

CRIME. Conrad Black's lawyer will appear before an American appeals court today to persuade a panel of judges that the former media mogul's convictions should be dropped.
THE CANADIAN PRESS

Enviro groups urge caution

GREAT LAKES. Allowing the shipment of low-level radioactive generators across the Great Lakes sets a dangerous precedent that could open the way for more nuclear waste on Canadian waterways, environmentalists warn. THE CANADIAN PRESS

Paper, pencils, thongs?

SHOPPING. One of Canada's largest discount retailers is apologizing to customers who were offended by a back-to-school flyer advertising Playboy-branded junior girls' thongs for sale.

Giant Tiger says it was a mistake for the Playboy-branded clothing to be advertised under the "back-to-school" banner and a second mistake to label them as "junior" wear. THE CANADIAN PRESS

Pickton trial spurs inquiry

VANCOUVER. Former B.C. attorney general and B.C. Court of Appeal justice Wally Oppal has been named to head the inquiry into why so many women disappeared from Vancouver's Downtown Eastside before police arrested Robert Pickton.
THE CANADIAN PRESS

L.A. temperatures soar to record high

Transformers blew or burned out due to demand for air conditioning

Forecasters may never know just how hot it got in Los Angeles during a day of record-breaking heat: After the temperature soared to 113 F (45 C), the thermometer took the rest of the day off.

"It just kind of quit functioning, but the temperature had already peaked," National Weather Service forecaster Stuart Seto said yesterday of the blistering weather a day earlier. "We doubt that it went over 113."

That figure, recorded just after noon Monday, was the hottest registered in the city since record-keeping began in 1877. The previous high of 44 C was set on June 26, 1990.

The weather service's sensor on the University of Southern California campus, which measures temperature, winds, pressure and other data, was still partly on the blink yesterday morning. It was recording time and pressure but "it's still not healthy yet," Seto said.

Early yesterday, the weather was near 27 C.
THE ASSOCIATED PRESS

GENE BLEVINS/AP PHOTO

▶ A Los Angeles firefighter works to put out a fire caused by a transformer that exploded due to the heat after temperatures hit a record 45 degrees Celsius on Monday.

Heat may have claimed film editor's life

The Los Angeles County coroner's office says a longtime film editor for Quentin Tarantino may have died from heat stroke while hiking during the record heat wave.

Coroner's Lt. Fred Corral says investigators suspect 56-year-old Sally JoAnne Menke died of hyperthermia on Monday, when downtown Los Angeles reached a record high of 45 C.
THE ASSOCIATED PRESS

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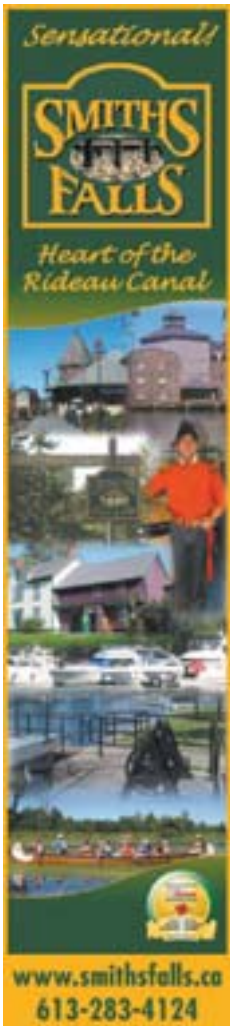
Market moment

DIGITS AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 88.28 (12,278.88)	– 0.18¢ (97.07¢ US)

Oil	Natural gas
– 34¢ US ($76.18 US)	1,000 cu ft $3.837 (+ 3.7¢)

Gold contracts $1,308.10 (+ $9.70)



Media. Corus' new digs

▶ John Cassaday, president and CEO of Corus Entertainment, poses for a portrait during yesterday's media tour of Corus Quay, the company's new headquarters in Toronto.

ADRIEN VECZAN/THE CANADIAN PRESS

Corus opens huge homebase

Corus Entertainment Inc. chief executive John Cassaday says the media company sees plenty of opportunity to grow in the popular female-skewed speciality-TV market, as advertisers push to sell more products to women. Cassaday helped open Corus' new Toronto-based broadcast headquarters yesterday, consolidating 11 different facilities throughout the city under one roof.

Much-heralded growth may have hit skids

Bloomberg survey: GDP fell by 0.1% in July TD economist says GDP actually fell by as much as 0.2%

Canada's almost year-long record of uninterrupted growth has likely suffered its first setback, with analysts anticipating that fresh data being released tomorrow will show the economy actually got smaller in July.

The news may come as a surprise to many Canadians who are constantly reminded by the government that their economy is among the strongest in the industrialized world, especially when compared with the United States.

That is one reality. But lately, the Canadian situation hasn't been much to boast about.

139K
TD Bank chief economist Craig Alexander points out that employment shrank by 139,000 full-time workers in July.

The economy burst out of the gate in the first three months of 2010 with a 5.8 per cent growth rate, then came back to earth in the second quarter at two per cent and is expected to be even weaker in this current third quarter.

July, the first month of the third quarter, will in all likelihood be the weakest, according to a consensus of economists sampled by Bloomberg.

THE CANADIAN PRESS

Market unsure about PlayBook

Research In Motion may have inched ahead in the race to build the best tablet, but with the frenetic pace of innovation in the sector, the Canadian company may not hold the lead for long.

While the BlackBerry PlayBook is set to outshine Apple's iPad in some respects, journalists weren't given a chance to test-drive the device after Monday's unveiling, so it's unclear how well it will perform. And the all-important price tag was not revealed.

The PlayBook also won't be released in the U.S. until "early 2011," and observers note that a lot can change in the technology world in a few short months.

"Risks remain," RBC Capital Markets analyst Mike Abramsky wrote in a research note about the PlayBook.

"The onus remains upon RIM to execute, show it can sustain its franchise, attract developers, while (demonstrating) innovation leadership in the competitive, fast-evolving smartphone and portable device markets."

2.6%
RIM stock was down 2.6 per cent to $48.40 yesterday on the Toronto Stock Exchange.

The PlayBook is a little smaller than Apple's market-leading tablet, with an 18-centimetre screen versus the iPad's 24-centimetre display. It's also a little lighter. In a jab at the iPad, RIM co-CEO Mike Lazaridis introduced the PlayBook by listing off features that Apple didn't include in its first tablet, including the ability to multitask with several applications and to load websites that rely on Adobe Flash. THE CANADIAN PRESS

Airlines to feel pinch in 2011

Intense global competition should keep airfares in check despite some industry consolidation, the head of the airline association IATA said yesterday.

International Air Transport Association chief executive Giovanni Bisignani said airlines remain financially fragile despite returning to profitability much sooner and stronger than originally forecast.

The industry is expected to earn $8.9 billion in profit in 2010, up from an earlier forecast of $2.5 billion because of a strong first half of the year.

But slower demand growth, expected to continue into 2011, should keep a lid on yields.

THE CANADIAN PRESS

Stimulus spending unpopular

Over half of the people in the some of the world's biggest economies are opposed to their governments spending money in stimulus programs, according to a BBC World Service poll published yesterday.

In its poll of more than 22,000 people in 22 countries, the broadcaster said the strongest opposition for increased government spending to boost the economy was in some of the countries that have already seen big stimulus programs, such as Germany, France and the United States.

Support for such programs in Canada remained above average at 52 per cent.

THE ASSOCIATED PRESS

KATY'S CLEAVAGE CAUSES KERFUFFLE

Just sayin'

PAUL SULLIVAN

Katy Perry, the extravagantly endowed pop tart who became a star with the hit I Kissed A Girl, and more recently, California Gurls, is not a hit with the parents of the tykes who watch Sesame Street.

Her, um, duet with Elmo (he's the little red guy who likes to get tickled) was yanked from the program after numerous parental complaints about her outfit — or lack of it.

Like many hot celebs before her, Katy agreed to go on the iconic kiddies show and frolic with the Muppets. In her skit with Elmo they are supposed to play dress-up, but Elmo, shy guy that he is, gets all flustered and runs away.

You can't tell he's blushing because he's all red all the time, but as Miss Katy's unfit outfit emphasizes her endowments, Elmo likely can't take it all in.

"You can see her t--!" complained parental America. And the people who run Sesame Street listened so now you have to go to YouTube with several million other grownup kids to watch it. After all, Miss Katy's t-- are hardly appropriate viewing for children ages one to six.

Meanwhile, what were they thinking (or thinking with)? Rumour has it the producer responsible for the lapse will be replaced by Oscar the Grouch, not so easily dazzled by décolletage.

"... but Elmo, shy guy that he is, gets all flustered and runs away."

And then you have to think about the impact on the other Muppets. Puppets are people, too.

Consider the Count, who loves to count, but when Miss Katy is around he can never get past "two."

Or Big Bird, who is always eight years old, grows up in a hurry. Size matters.

Or Kermit, who is green with envy, and would not run away like Elmo. "I like to dress up!" he croaks.

If you think the above is bad, you should have seen the Saturday Night Live segment over the weekend, guest starring, guess who? Katy Perry. Brought to you by the numbers "38" and the letters "Double D."

I know, I know. I should be getting all censorious and fulminate about the rampant sexualization of small children — and it's true, the loss of innocence comes soon enough without it being forced on kids before they are emotionally ready to handle it.

But Katy Perry has been such a good sport about the whole thing — and why wouldn't she be? The Muppet kerfuffle made her a top search on Google and Yahoo and after Saturday Night Live, she is booked on the Simpsons. Fifteen minutes, baby!

And if all else fails, she is welcome in Mr. Sullivan's neighbourhood any time.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

No need to apologize

Worth mentioning

As usual, when scientific research and being a man intersect it's a good news/bad news thing.

The good news: Researchers at the University of Waterloo have finally determined why your husband won't apologize. It's because he doesn't think he's done anything wrong, whereas you think everything that you, he and everyone else does is sketchy.

Waterloo psychologists Karina Schumann and Michael Ross asked 66 people (33 women and 33 men) to keep track of how many times they apologized for anything over a 12-day period.

They found women both apologized more and felt they had caused offence more. We're talking, "Sorry for bumping into you" sort of transgressions, rather than the "Sorry for accidentally poisoning your cat" sort.

Men, on the other hand, felt they had caused offence less, and therefore apologized less. But both genders apologized at the same rate and just as effusively if they believed an apology was owed.

In most cases, both sexes apologized for roughly 80 per cent of the offences they caused. This seems to put the cliché to rest that men refuse to apologize for anything lest it dent their fragile egos.

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Making amends

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the Orange Gallery

Today is that last day to take in Michel Luc Bellemare's glittering abstract paintings at the Orange Gallery at 233 Armstrong St., across from the Parkdale Market in Westboro.

Bellemare is an avant-garde artist whose works have been featured in the National Gallery of Canada. He likes to describe his paintings as jewelry for your walls. Bellemare has a masters in communication from Carleton University focusing on avant-garde and modern art theory, and a doctorate in philosophy. Even if you miss out on the exhibition at the Orange Gallery today, Bellemare has pieces on display at the Snapdragon Gallery in the Glebe.

TIM WIECLAWSKI

CONTRIBUTED

▶ Michel Luc Bellemare with one of his paintings.

2 scene

Street Dancing jumps off screen

British actress Nichola Burley stars in upbeat 3-D flick ◗ Shooting in 3-D 'mostly the same as shooting a regular movie' ◗ Burley's background in dance a plus for the role

SUBMITTED

▶ A scene from the upcoming film StreetDance 3-D.

"I've always wanted to do something positive and uplifting because that's the kind of person I am naturally."
NICHOLA BURLEY

Living in 3-D

"It was mostly the same as shooting a regular movie except that we might do things like throw a hat at the camera or do your moves towards the camera, which initially feels strange because you're normally supposed to ignore the camera. There were monitors with glasses so we could look at what we shot in 3-D while we were shooting, which was amazing. But they intentionally tried to not let the actors see too much of that because they didn't want us to be excited or distracted by the 3-D, but focus on making the film as a whole." PHIL BROWN

PHIL BROWN
FOR METRO CANADA

Nichola Burley is best known for her appearances in British horror movies and thrillers like Donkey Punch and Kicks, but on Friday audiences will be treated to a much lighter side of the actress in StreetDance 3-D (no points for guessing what it's about).

For Burley it was an opportunity to finally play a role that was close to herself.

"There are a lot of gritty films in England and many of the scripts I read are quite twisted and dark," Burley told Metro. "I've always wanted to do something positive and uplifting because that's the kind of person I am naturally. I knew it would be so much fun to do something like this."

The film is miles away from the bloody work she's done recently, but not outside of her realm of experience. Burley actually danced for years before falling into acting.

"I studied dance until I was 18 and then went to the Northern School of Contemporary Dance," Burley said. "I never wanted to act, I always wanted to dance, but a casting director came to the school to do general auditions for film and I got into it that way. I thought it was just a one off opportunity and went back to school after. But I got lucky and actually hadn't even danced in five years before making this movie."

The experience in dance and film acting obviously made Burley a prime candidate for the film, but she admitted to being unfamiliar with the street-dance style before shooting. A bit of a problem since she plays a character who trains a troupe of ballerinas in street dancing.

"It was very challenging. I knew absolutely nothing about it before we started and had to learn everything in six weeks," admitted the actress. "I probably looked more like one of the struggling ballet dancers in the film to be honest."

Juno Awards

The Juno Awards are adding a new category to recognize the best electronic album of the year. It'll bring the total number of categories to 40 as the Canadian music award celebrates its 40th anniversary in 2011.

To qualify for the best electronic album of the year, a full-length recording must be "composed with electronic equipment as the essential songwriting tools and defined by their electronic elements."
THE CANADIAN PRESS

Supreme Court to consider appeal from Anna Nicole Smith estate in bid to collect $300M

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Josh Brolin makes Dark Stranger role his own

SUBMITTED

▶ Josh Brolin in a scene from You Will Meet a Tall Dark Stranger.

Actor plays a novelist with writer's block and a taste for women ◐ Brolin says couldn't play Woody if tried

RICHARD CROUSE
FOR METRO CANADA

Early on in the shoot for You Will Meet a Tall Dark Stranger, Woody Allen's latest exploration of love and neurosis, star Josh Brolin told the director he wouldn't try and play a thinly disguised version of Woody Allen in the movie, like Kenneth Branagh in Celebrity or even Scarlett Johansson in Scoop.

"I know some people have tried to (play the Woody Allen character)," he says. "I don't understand why. Everybody writes from who they are, but I think because Woody has acted in his films, and is choosing not to act in this film, therefore you are taking his place. I didn't see it that way."

The director was fine with that, in fact, he told Brolin to make the role his own. "Then I'd do a take," says Brolin, "and he'd say, 'You changed a word. You said cannot. The script says can't.' I'd say, 'You're not serious are you?' and he'd say, 'Yes, you broke the contraction.' I said, 'I thought you just said to make the part my own.' He said, 'I know. But the script says can't.'"

Such is life on set with a genius.

Brolin, however, does have what most people would consider the Woody Allen role in the film; the part Woody might have played if he was 30 years younger. As a novelist with writer's block and a taste for women, the character Roy has the bulk of the film's funny lines and best scenes, but Brolin says he couldn't play Allen if he tried.

"Woody and I both said, 'I could never pretend to be you nor could you possibly pretend to be me.' If there are two more opposite people on this planet it is me and Woody Allen. For various reasons; which is why I think we come together and work together as well as we do, because we have the same sensibilities. We just have different structures."

Director spins a new tradition in Let Me In

"As a young person horror films terrified me," says Let Me In director Matt Reeves.

"I make genre films, and yet there is something about it that is a very exciting thing to do."

Audiences and critics were certainly excited by his first film, Cloverfield, a movie one writer called "the closest a film has ever gotten to a roller-coaster ride."

His new film, a remake of Let the Right One In, the Swedish art house hit about a vampire trapped in a 12-year-old body and her bullied neighbour, is less frenetic, but throws a new spin on the vampire tale.

"It is a vampire film in a different tradition," says Reeves. "That has everything to do with [novelist] John Lindqvist's story. It is an incredible story in that he takes the vampire genre and uses it as a way to describe the pain of adolescence."

RICHARD CROUSE

SUBMITTED

▶ Director Matt Reeves

TV

Politician wants to name street after subject of HBO's Boardwalk Empire

Real-life political and rackets boss — and current posthumous TV star — Enoch "Nucky" Johnson may finally get a street named after him.

The subject of the hit HBO series Boardwalk Empire, Johnson ruled Atlantic City during Prohibition, ensuring that vice flourished here, and the cash was spread around freely.

City Councilman Dennis Mason told The Press of Atlantic City he'll introduce a measure to rename a one-block section of Belmont Avenue — near a hotel where Johnson used to live — as "Nucky's Way." Mason is not put off by Johnson's eventual conviction and imprisonment on tax charges.

"It was just tax evasion," Mason told the newspaper. "He didn't actually murder anyone."

Belmont Avenue runs alongside the Ritz, a high-rise condominium building that was once the Ritz-Carlton, a luxury hotel where Johnson lived and rented out the entire ninth floor.

THE ASSOCIATED PRESS

▶ Steve Buscemi, right, plays Enoch "Nucky" Thompson in Boardwalk Empire. The character is based on real-life political boss Enoch "Nucky" Johnson.

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Danza gets an 'A' for effort

When former sitcom star Tony Danza began teaching English at a Philadelphia high school, no one really knew what to expect. Not even Tony Danza.

Certainly school officials were holding their breath after the district greenlighted Teach, an A&E reality show premiering Friday that chronicles Danza's year at the head of a class.

Danza, with no teaching experience, was enthusiastic but overwhelmed when filming began last fall at Northeast High School. His students seemed excited but puzzled; some had no idea who he was. ("Wasn't he in, like, Cheers?" one teen asks in the first episode. Um, no.)

While critics contended that education was being sacrificed to benefit the actor best known for Taxi and Who's the Boss?, students and administrators say "Mr. D" ended up making the grade.

"You're hoping that all the new teachers grow the same way he did," Assistant Principal Sharon McCloskey said.

▶ Tony Danza

Teach comes at a time when education reform is a huge topic in public policy and popular culture, from U.S. President Barack Obama's Race to the Top grant program to major film documentaries like Waiting for "Superman" and Race to Nowhere.

Danza underwent weeks of prep and new-teacher orientation before starting at Northeast, a diverse 3,400-student public high school in a blue-collar neighbourhood. His class of 26 sophomores ran the gamut from jocks and divas to brains and immigrants.

THE ASSOCIATED PRESS

TV watch list

Gloria cooks up laughs

COMEDY. The hilarious Gloria of Emmy darling Modern Family starts cooking traditional Colombian meals tonight to honour her late grandmother. Meanwhile, Claire finds out her daughter has a crush, and Mitchell and Cameron fight over public displays of affection.

▶ **Modern Family**
Sitcom.
Citytv, ABC

LAWYERS. The Whole Truth might fill the void for fans of the now-defunct Law & Order. Maura Tierney of ER fame stars as a workaholic district attorney, and Rob Morrow of Numb3rs and Northern Exposure plays a rival, laid-back defence attorney.

▶ **The Whole Truth**
Courtroom drama.
ABC

SPIES. The new J.J. Abrams (Alias, Lost) series Undercovers also offers a fun male-female dynamic with Boris Kodjoe and Gugu Mbatha-Raw playing married spies.

▶ **Undercovers**
Drama/Action
NBC

THE CANADIAN PRESS

Winslet to wear white?

Oscar-winner head over heels for new beau They've been together since July, after her split with fellow Oscar-winner Sam Mendes

Kate Winslet is reportedly so smitten with new beau Louis Dowler that she's even thinking about talking down the aisle again, according to Grazia magazine.

"As far as Kate is concerned, they could go all the way together — get married, have kids," a source says.

"She's the happiest we've ever seen her. He really brings out a wonderful, carefree side to her that we haven't seen for years." Winslet split with husband Sam Mendes in March before taking up with Dowler in July.

METRO

GETTY IMAGES

Lohan's misery Swift's gain?

Lindsay Lohan's troubles may spell opportunity for Taylor Swift, as the country singer is reportedly in negotiations to take over Lohan's role in the upcoming romantic comedy One Night with You, about a starlet who uses a reality dating show to revive her career. "It appears the romantic comedy may finally be off the table for Lindsay Lohan," a source tells WENN. "The producers had actually talked to Taylor Swift's agent a few months back about replacing Lindsay, but Taylor was in the middle of her tour. Now that Lindsay can't conquer her troubles, they're taking the offer back to Taylor." METRO

Celebrity tweets

Jeremy Piven **[@jeremypiven]** 2 billion degrees here, just taught a Bikram yoga class in my car...

Jessica Simpson **[@JessicaSimpson]** Did my pic post? Got a new phone and can't figure it out!

Kanye West **[@kanyewest]** Remember the museum plastic spaceship toys that were molded right in front of you?.... Those use to smell awesome!!!!!!!!!!!!!!!

McCarthy says Carrey was no fun

Jenny McCarthy says part of the reason her relationship with Jim Carrey ended was that it wasn't "fun" anymore. "The first thing is, when it's not fun anymore, you need to start investigating and do an inquiry into the relationship," she told Oprah Winfrey.

METRO

Lindsay Lohan's money worries

Money woes are reportedly getting to Lindsay Lohan, as the troubled starlet allegedly tried to sell her first post-jail pictures after her most recent stint behind bars, according to Us Weekly.

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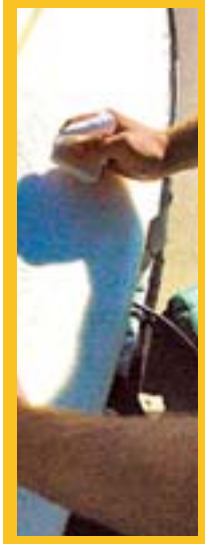

The end of summer has not dampened the enthusiasm of surfers on Haida Gwaii, formerly the Queen Charlotte Islands. In fact, the best surfing there runs from Oct. to May. The second annual Haida Gwaii Surfing Expression Session, from Nov. 12-14, will include men's and women's shortboard competitions and an open longboard competition.
THE CANADIAN PRESS

Tour showcases designs of Gustav Stickley, who produced well-made furniture with simple design

KEVEN DREWS/THE CANADIAN PRESS

▶ A surfer ponders whether or not he wants to enter the water in this October 2007 photo near Tofino, B.C.

West Coast beckons winter storm chasers

Tofino storms offer magnificent sensory experience for adventurers and sybarites alike

Charles McDiarmid recalls being awake in his parents' remote West Coast cabin listening to low buzzing sounds reverberating from huge pieces of driftwood being tossed against the shore by the winter waves off Tofino on Vancouver Island.

The low pitch of the vibrating storm-beaten logs was powerful and magnificent, says McDiarmid, and the everlasting drone contributed to a West Coast travel phenomenon: Winter storm watching.

McDiarmid, whose family first built a cabin in the area in 1955, became convinced others would also be fascinated by the cleansing experience of a West Coast winter storm.

Since 1996, his family has operated the Wickaninnish Inn at Chesterman Beach near Tofino, about 400 kilometres northwest of Victoria. The Tofino area is good for more than a dozen major storms over the winter, from mid-November until February.

"It's a good feeling to be snuggled up in a nice, warm, comfortable environment seeing Mother Nature unfold."
CHARLES MCDIARMID

There is no land between the West Coast of Vancouver Island and the east coast of Japan, which allows the swells to build. Many are 10-metres high when they hit shallow water and explode against the rocks.

"We're such an urban society and Mother Nature in the city is generally an inconvenience," says McDiarmid. "Here, there is no such thing as bad weather."

But winter storm watching is not just for outdoorsy types who put on gum boots, rain slickers and head for kilometers of open sandy beach.

Many watch the storms unfold from a safe, warm fireside vantage point wrapped in a warm blanket. "It's a good feeling to be all snuggled up in a nice, warm comfortable environment and seeing Mother Nature unfold for you," says McDiarmid.
THE CANADIAN PRESS

Top sexy Stays

When travelling solo, anything goes But when vacationing with your sweetie, half of the allure is having sex on a different bed, soaping each other up in a different shower In other words, the hotel is key

REB STEVENSON
TRAVEL GURU,
2FORCOUPLES.COM

Castle Moffett, Baddeck, N.S.
Granted, the bagpipe music that bleats from their website is enough to deflate any stirrings beneath the kilt. However, Scottish-themed Castle Moffett is located on a 200-acre lakeside estate in Cape Breton, which should be music to any couple's ears. But if the old-world décor and the romance deals (from two to 10 days) aren't sufficient bait, there is always the salmon fly-fishing package. castlemoffett.com or 1-888-756-9070.

Emerald Lake Lodge, Field, B.C.
Adding a vibrating device to your bedroom hijinks ain't a bad idea — unless it's a cellphone. Say goodbye to techno threesomes with your BlackBerry at Emerald Lake Lodge in Yoho National Park. There is no mobile phone reception, nor is there television or internet in the rooms, leaving you free to browse the timbered lodge, wild Rocky Mountain setting and each other's caches instead. emeraldlakelodge.com or 250-343-6321.

La Maison Pierre du Calvet, Montreal, Qué.
For a dangerous liaison with indulgence and European charm, check into this sumptuous "hotel-château" in the heart of Old Montreal. Built in 1725, the exposed-stone walls, four-poster beds and wood beams support the fact that it's the oldest historical house-hotel in Montreal. pierreducalvet.com or 514-282-1725.

The Couples Resort, Algonquin Park, Ont.
It's like summer camp, except everyone has already hooked up. Catering to 48 pairs, this couples-only resort in Ontario's favourite wilderness reserve is open year-round and offers activities like horseback riding, dogsledding and boating. There are basic rooms, fancier digs and "exotic" rooms with animal-print decor. Towel-turned-loincloth, anyone? couplesresort.ca or 613-637-2662.

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▶ A spectator views an oil on canvas called Marines Call It That 2,000 Yard Stare, by Tom Lea.

Philly exhibit showcases 100 years of war

For as long as the United States has gone to war, it has sent soldiers marching off to battle armed with paintbrushes, canvas, ink and sketchbooks.

With little public recognition, they have captured the sights and sounds of combat since the American Revolution.

Examples of Army soldiers' efforts over the past century will be on display in a new Philadelphia exhibit entitled Art of the American Soldier being held at the National Constitution Center.

There will be gallery talks, an audio tour with soldiers telling their war stories, and workshops and lesson plans to complement the exhibition.

An online art gallery also encourages veterans from all branches of the military to submit their own art expressing their personal war experiences.

More than 250 paintings and sketches from World War I to the present provide a glimpse of the daily lives of soldiers, from the canteen to the stark, noisy and chaotic battlefield.

Many of the pieces in this exhibit have never before been on public view.

The exhibition runs from now through Jan. 10, 2011. For more information, go to constitutioncenter.org.

THE ASSOCIATED PRESS

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▶ The Art of the American Soldier exhibit is being held at Philadelphia's National Constitution Center.

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North Carolina's top golf courses

Fall is perfect time to test out the high-calibre McConnell Golf Trail
Courses boast some of the slickest green in the state

It's a steamy, sun-baked land steeped in sweet tea and basted in barbecue sauce, a golf-mad corner of the world where fairways and food go hand-in-hand, especially if you're a club-wielding carnivore.

Let South Carolina have Myrtle Beach, with its teeming crowds and garish 24-hour neon.

If you're looking for a civilized, upscale golf experience where the greens are speedy and the steaks are falling off the plate, look to the Old North state, the side of the Carolinas that's closer to Canada.

Fall is the perfect time for thicker-blooded Canadian players to check out North Carolina's McConnell Golf Trail — a collection of high-calibre country clubs owned and operated by local business magnate John McConnell, who caught the golf bug in 2003 after cashing out a multimillion-dollar health software business.

He started with Raleigh Country Club, a stately, old-world Donald Ross layout in the heart of the city for which it's named.

The club was bankrupt and doomed to urban sprawl when McConnell rescued the last course Ross — best known for famous U.S. Open venues like Oakmont and Pinehurst No. 2 — designed.

From there, McConnell rounded out his collection with Pete Dye's telltale railroad ties and dastardly par-3s at Cardinal Country Club, Arnold Palmer's laid-back style in Musgrove Mill, and the classic American parkland style of Tom Fazio in both the challenging Treyburn Country Club and the charming Old North State Club.

To introduce the private-club delights of North Carolina, McConnell Golf offers a year-round package deal for groups of four or eight golfers: Three, five or seven-day tours.

Accommodations, transportation to the courses and most meals, prepared by private chefs no less, are included.

When the weather starts to turn north of the border, the temperatures in the Carolinas are downright hospitable, to say nothing of the locals, whose southern accents often make it a hard place to leave.

THE ASSOCIATED PRESS

Fall escape

The seven-day rate from April to October is US$2,595.75 per golfer.

▶ Canadians flock to North Carolina's private courses during the winter for the great deals.

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▶ The Old North State Club golf course in New London, N.C.

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Do comfort food right

Grilled cheese sandwiches are right up there with the best of cool-weather comfort foods and this is the time of year to enjoy them.

During a break from raking leaves or watching a football game on television, grilled cheese on bread or buns is just the solution to satisfy rumbling tummies.

Check this one out:

Panini Toscano

Preparation:

1. Lemon Aioli: In a small bowl, mix together mayonnaise, lemon juice and zest and garlic and let flavours mingle for half an hour.
2. Split fresh ciabatta in half and brush both sides liberally with lemon aioli.
3. Layer 1 slice of havarti cheese on the bottom of the bun, then top with sliced figs, prosciutto, a couple of sprigs of arugula and finish with the other slice of cheese.
4. Top with other side of the bun. Lightly brush outside of bun on both sides with extra-virgin olive oil. Place sandwich in a preheated panini press and grill until cheese is melting and bread is lightly marked.
5. If using a grill or barbecue, place a weight on top of sandwich and flip halfway through cooking.
6. Balsamic Vinaigrette: While sandwich is grilling, in a small bowl, combine vinegar, salt, pepper, Dijon, sugar and lemon juice. Slowly whisk in oil until incorporated.

▶ A Panini Toscano grilled cheese.

Ingredients :

- 1 fresh ciabatta bun
- 15 ml lemon aioli
- 1 ripe fig, 4 to 5 slices
- 2 slices prosciutto,
- 2 slices harvarti cheese, 3 mm thick
- 30 g baby arugula
- 1/2 roasted red pepper, peeled and cut into 2-cm slices
- 15 ml balsamic vinaigrette
- **Lemon Aioli:**
- 50 ml prepared olive oil mayonnaise
- Juice and zest from 1/2 lemon
- 1 clove garlic, minced
- **Balsamic Vinaigrette:**
- 5 ml balsamic vinegar
- Pinch each salt and pepper
- 2 ml Dijon mustard
- Pinch sugar
- Juice of 1/2 lemon
- 50 ml extra-virgin olive oil

7. In another small bowl, dress arugula with 15 ml (1 tbsp) of the vinaigrette and place on a plate. Toss two slices of red pepper in same bowl to dress lightly and place on top of salad.
8. When sandwich is ready, remove from press or grill and split in half diagonally.
9. Place around salad and serve immediately.

Makes 1 serving.

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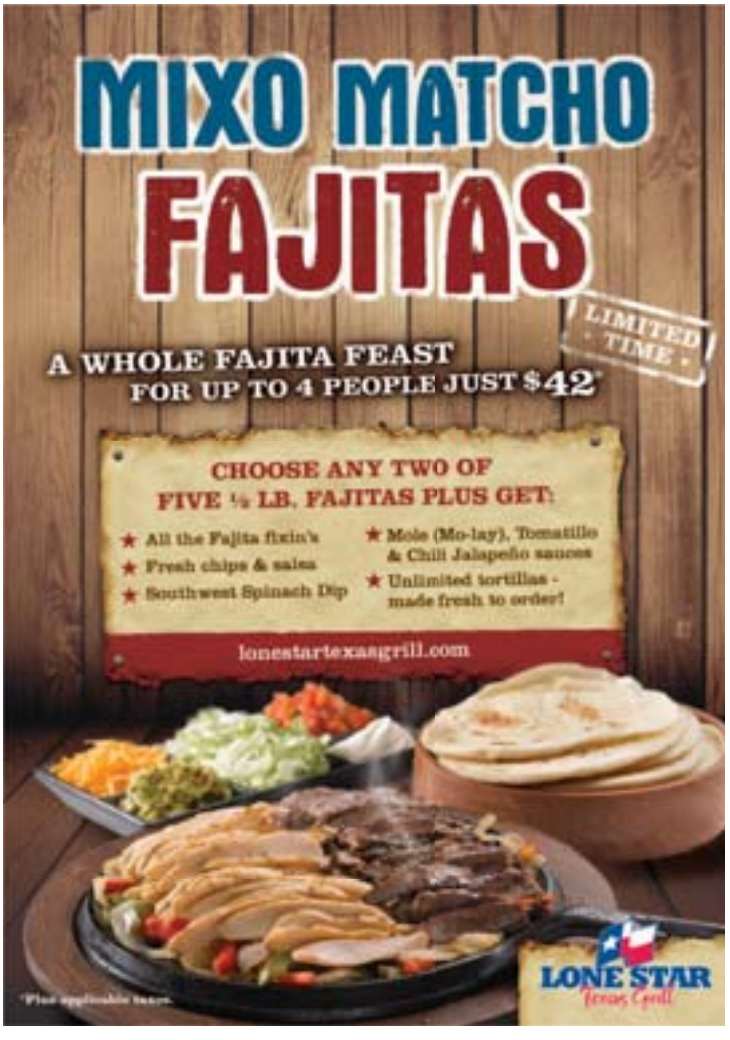

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DREW HINSHAW
LIFE@METRONEWS.CA

It may be the most dull and demeaning chapter in your college or university experience: The grind of interning, showing up as free labour, relearning how to operate a copier or order doughnuts for a meeting.

Neglected interns should be forgiven for wondering if internships are just meaningless hype to splay across a still-sparse résumé. Yet the practice persists.

In fact, they're very necessary. "When you graduate ... now, if you don't have at least two internships on your résumé, you're not hirable," warns The Internship Bible author Samer Hamadeh.

The challenge, he offers, is to glean more from your time than a sentence to paste into your cover letter.

"Your internship is what you make it," agrees CareerBuilder.com coach Allison Nawoj.

Her latest study shows that America's jobless elders may have reached the same conclusion. This fall, she says, undergraduates will compete with the underemployed for nearly a quarter of all open internships.

"Not only has the recession reshaped internships so that they're more applicable to people later in their careers, but for younger workers, internships can mean more than filing papers," she notes. "Companies have scaled back and are relying on interns to fill the gaps."

Consider shadowing the person whose job you'd aim to have.

"See what their jobs entail," Nawoj suggests. "Say, 'Hey, I see you do X, Y, Z. Can I help out with that.'

INTERN TO-DO

Seek out a mentor

Don't leave the building without conducting a few tete-a-tetes with potential mentors.

"Pinpoint a few people in the organization whose jobs interest you, and ask them to meet with you," Generation Y career blogger Lindsey Pollak advises.

"Don't miss this opportunity to shoot fish in a barrel. During an internship, you are literally surrounded by informational interview prospects."

METRO

Make Friends

Remember what counts

The best gift with which you can strut out of an internship isn't the résumé padding or connections — it's the friendships with your fellow interns. "These people are great contacts," Pollak says. "You never know where your fellow interns are going to end up someday — or who else they know right now."

METRO

▶ The challenge for interns is to glean more from the experience than a sentence on your resume.

Technology a smart investment

Most small business owners see technology as another expense, but what if it can save money — particularly when it comes to operating costs?

According to a recent survey by Angus Reid, 84 per cent of small business owners are focused on reducing wasted time and cutting costs. This was the case for Niki Brinton, founder of Cupid's Gourmet Cupcakes, which is why she turned to technology for help.

Brinton previously wrote everything on paper, but it was becoming too time consuming and extremely inefficient. To help manage growth, she invested in new technology.

"Today all of our costing, conversions, recipes and inventory ordering are paperless. The time efficiency and cost savings that I get from this one piece of technology is invaluable. I'm certain that my doors would close without it," says Brinton.

NEWS CANADA

make the most

With the right technology in place, small business owners can spend more time focused on running their business, and make the most of limited time and resources whether in the office, at home, or on the road

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Helping kids get healthy

Jess Haines, assistant professor of Applied Nutrition at the University of Guelph, says it is important to ask what is the role of the government and schools in making sure that children have healthful foods. "And can we use these findings to play up the very important role parents have and then to think how best to support families through nutritional education?" Haines asks. "We must also recognize that kids need to eat more often, so schools should have two nutritional breaks each day. THE CANADIAN PRESS

Failing grade for student lunches

Lunch box study reveals many poor nutritional food and drink choices

SHERYL NADLER/THE CANADIAN PRESS

▶ Home economist Shannon Crocker prepares school lunches with her boys Riley, right, 8, and Mason, left, 6, in the kitchen of her Ancaster, Ont., home. Crocker has recently completed a survey of school lunch boxes and came away with some alarming findings.

When dietitian Shannon Crocker agreed to go into four kindergarten classrooms in two Ontario elementary schools and check the contents of the children's lunch boxes, she was dismayed by what she found.

"Many were packed with poor food and drink choices such as cold hot dogs, gummy treats, sugary fruit beverages and packaged cookies," says the Ancaster, Ont., mother of two.

Kindergarten classes were chosen because Ontario began introducing its new Early Learning Program in September, which means thousands of four- and five-year-olds now attend school for a full day.

Crocker adds that many lunches did not provide enough food for the long day the children were at school.

Her project coincides with the marking of World School Milk Day today. This annual international event celebrates the importance of milk in children's diets. It is actively supported and promoted by the Food and Agriculture Organization of the United Nations.

The schools chose to participate in the survey of lunches because Crocker says they want to raise public awareness about the issue.

"Two schools, one in Toronto and the other in Hamilton, were chosen for the project," she says. "The schools are not identified out of respect for the families and the fact that nutritionally poor school lunches is a problem all across Canada."

Crocker and an assistant checked 82 lunches during the survey and found that 85 per cent had no vegetables and almost every container had one sugary treat and some up to five.

"Only five lunches included milk, but most of them had at least one sugary fruit-flavoured drink of little or zero nutritional value," she says.

However, both schools were about to sign on to milk programs for their students in which a dairy delivers cartons to the schools daily, she says.

But Crocker found that most children had only one drink to get them through the day, while "some had nothing to drink at all."

However, she understands there are several reasons lunches may not make the grade.

"If a child doesn't eat much, parents might pack small amounts of food or busy mornings allow little time to assemble lunches," she suggests. "Money may be a factor or there may not have been much food in the fridge that day."

But her major concern is that parents may not understand the direct link between good nutrition and learning.

"As a dietitian what I want to see are the four food groups represented," Crocker say. "That would be a couple of servings of grain products such as whole grains rather than white bread.

"There should also be at least two servings of fruits and vegetables as well as milk or milk alternative such as yogurt or hard cheese."

In her survey, Crocker found processed cheese or yogurt strings, "which are not the most nutritious choices in that food group."

Her final concern is about food safety.

"The majority of lunches were missing cooler packs with 92 per cent without," she says. "And several included spaghetti and meat sauce in plastic containers without a cooler pack to keep the food safe." THE CANADIAN PRESS

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CONTRACTOR TO EMPLOYEE

Workplace Law

DANIEL LUBLIN
IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.
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It's workplace law's newest phenomenon: employers, happy to unburden themselves from the various costs and liabilities associated with their employees, increasingly retaining "contractors" to perform the same services their employees did before.

Often their former employees are transformed into contractors and these "contractors," content to pay less taxes than they did before, are not about to complain. However, this arrangement is often a fraud. When these arrangements are challenged, courts are apt to find that the contractors were truly employees. No surprise there. The arrangement represented little else than a "label." Seldom will a label be sufficient. What actually matters is how the parties behaved.

When is a contractor actually an employee?

Despite signing an agreement stating that he was a contractor, sales agent Jose Santos was actually an employee. Over a 20-year period, Santos worked for a variety of different employers, selling vacuum cleaners and accessories manufactured by HMI industries Inc. When he eventually signed a contract with HMI directly, he was required to follow its policies and procedures, as well, as report to a director of sales.

Since contractors are not generally entitled to severance, when HMI ended the relationship, Santos sued for wrongful dismissal, claiming that he was actually their employee. Recently, the Quebec Court of Appeal heard his case and it agreed. The Court stated that it was not bound by what the parties called themselves, but rather, how they behaved. Here, Santos was closely supervised by HMI and was under its control and direction. Although he had some independence in how he performed his job, it was not enough freedom to characterize him as truly independent from HMI.

Employers and employees continue to get this wrong. If you want to employ or be employed as a contractor, then do as follows: Ensure there is a clear separation between the employer's business and the contractor. Permit the contractor to perform services for others and to maintain genuine discretion over how and when the job is performed. Even an airtight contractor agreement will not be reliable unless the parties stick to what it says.

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China 2.9 ¢	Oman 12.9 ¢	Russia 2.9 ¢
Ecuador 12.9¢	Fiji 24.9 ¢	Saudi Arabia 9.9 ¢
El Salvador 9.9 ¢	Ghana 9.9 ¢	South Korea 2.9 ¢
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4 sports

Sabres top Sens before 980 fans

Pominville nets winner in third period of Hockeyville game

SABRES	SENATORS
2	1

Jason Pominville scored the deciding goal midway through the third period yesterday as the Buffalo Sabres defeated the Ottawa Senators 2-1 in front of a sold-out pre-season crowd of 980 at the undersized J.L. Grightmire Arena.

The game was held in Dundas, Ont., which has a population 24,700, as part of the city's grand prize in this year's Kraft Hockeyville contest.

Rob Niedermayer opened the scoring for Buffalo midway through the first period, shorthanded. Swedish goalie Robin Lehner, 19, misplayed the puck behind the net and it landed on Niedermayer's stick for an easy goal.

With less than 13 seconds on the clock left in the second period, and with the Senators on the power play, Ottawa defenceman Patrick Wiercioch took a shot from the blue-line down the middle zone that found its way through some legs and beat Sabres goalie Ryan Miller glove-side.

Pominville's winner came at 11:14 of the third as he took a lead pass from Luke Adam up the right wing and wristed the puck past Lehner.

J.L. Grightmire Arena's rink is smaller than NHL regulation, 10 feet shorter and five feet narrower, making it difficult to rush up the ice or manoeuvre in front of the net. Line changes were also dicey as the players sat two-deep on the benches.

Still, the intimate confines allowed for hearing the call for the puck, and the ensuing loud slap on the blade.

The Senators were missing all their big-name players while the Sabres did exactly the opposite, bringing Miller on the hour-long bus trip up the Queen Elizabeth Way along with such fan faves as Niedermayer and Thomas Vanek.

Both Lehner, who played with Sault Ste. Marie in the OHL, and Miller played the entire game.

Niedermayer, who signed with the Sabres as a free agent after a 10-goal season with New Jersey, centred a line between Drew Stafford and Nathan Gerbe. Vanek centred a line with Tim Connolly and Pominville.

THE CANADIAN PRESS

DAVE CHIDLEY/THE ASSOCIATED PRESS

▶ Ryan Miller stops Chris Kelly on a wrap around attempt last night.

Quoted

"It's an awesome lesson learned for our young players, one I hope they're taking heed to. This league is about perseverance, this profession is about perseverance and taking advantage of opportunities when they're given. He's given them a shining, clear-cut example of that at this juncture."

STEELERS COACH MIKE TOMLIN, ON QUARTERBACK CHARLIE BATCH

Scan code for more sports

Deal to send Carmelo to Nets 'dead': Source

A four-way deal that would have sent Carmelo Anthony to New Jersey is "dead," a person with knowledge of the discussions said yesterday.

The person spoke to The Associated Press on condition of anonymity because he wasn't authorized to speak publicly about the trade. Anthony took the court with his Nuggets teammates on the first day of training camp yesterday.

But his days in Denver could very well be numbered even after the four-team deal that also would have included Charlotte and Utah collapsed.

The Nuggets could still listen to offers.

Anthony said after practice that the basketball court has become his "safe haven," a place where he doesn't have to "deal with all the other stuff."

THE ASSOCIATED PRESS

ED ANDRIESKI/THE ASSOCIATED PRESS

"Anytime I step on the court, I'm going to give it my all, regardless of what's going on."

CARMELO ANTHONY

Sports in brief

NFL probing confrontation

PACKERS. The NFL is investigating a confrontation between Green Bay Packers safety Nick Collins and a fan after Monday night's loss to the Chicago Bears at Soldier Field.

Milwaukee's WITI-TV aired video in which Collins is seen yelling at a fan as he left the field. Collins then appears to throw his mouthpiece into the stands. According to the station's report, Collins said the fan spit on him and used a racial slur.

Rays offer free tickets

MLB. Spurred by fan reaction to all-star Evan Longoria's criticism of Tampa Bay's home attendance, the AL East-leading Rays are making 20,000 free tickets available for Wednesday night's game against the Baltimore Orioles.

Longoria called Monday's turnout "disheartening." THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
z-Tampa Bay	94	63	.599	—	—	5-5	W-1	49-31	45-32
z-New York	94	64	.595	½	—	4-6	W-1	52-29	42-35
Boston	87	69	.558	6½	6	5-5	W-1	44-34	43-35
Toronto	81	76	.516	13	12½	7-3	L-1	45-35	36-41
Baltimore	62	95	.395	32	31½	4-6	L-1	34-43	28-52

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	64	.590	—	—	4-6	L-4	52-25	40-39
Chicago	83	73	.532	9	10	4-6	L-1	40-35	43-38
Detroit	80	76	.513	12	13	8-2	L-1	52-29	28-47
Cleveland	66	91	.420	26½	27½	5-5	W-4	36-43	30-48
Kansas City	64	92	.410	28	29	4-6	W-1	35-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	70	.554	—	—	4-6	L-2	48-28	39-42
Oakland	77	79	.494	9½	16	4-6	L-4	47-34	30-45
Los Angeles	76	80	.487	10½	17	5-5	W-1	41-38	35-42
Seattle	61	96	.389	26	32½	5-5	W-3	35-42	26-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	94	64	.595	—	—	7-3	L-1	52-29	42-35
Atlanta	89	69	.563	5	—	5-5	W-2	54-23	35-46
New York	77	79	.494	16	11	4-6	W-3	45-30	32-49
Florida	77	80	.490	16½	11½	4-6	L-3	38-39	39-41
Washington	68	90	.430	26	21	6-4	W-1	41-39	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	88	69	.561	—	—	5-5	W-2	46-30	42-39
St. Louis	81	75	.519	6½	7	5-5	W-2	47-28	34-47
Houston	74	83	.471	14	14½	3-7	L-3	41-37	33-46
Milwaukee	73	83	.468	14½	15	5-5	L-1	40-41	33-42
Chicago	71	85	.455	16½	17	6-4	W-1	35-46	36-39
Pittsburgh	55	101	.353	32½	33	7-3	L-1	40-41	15-60

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	69	.558	1	1	5-5	L-2	44-34	43-35
Colorado	83	73	.532	5	5	3-7	L-2	52-27	31-46
Los Angeles	76	81	.484	12½	12½	4-6	W-1	43-35	33-46
Arizona	64	92	.410	24	24	6-4	W-2	40-41	24-51

z-clinched playoff berth; x-clinched division

AMERICAN LEAGUE

Last night's results
N.Y. Yankees 6 Toronto 1
Detroit at Cleveland (ppd., rain)
Tampa Bay 5 Baltimore 0
Seattle 3 Texas 1
Boston at Chicago White Sox
Minnesota at Kansas City
Oakland at L.A. Angels
Monday's results
Toronto 7 N.Y. Yankees 5
Cleveland 6 Detroit 3
Baltimore 4 Tampa Bay 0
Seattle 7 Texas 5
Boston 6 Chicago White Sox 1
Kansas City 10 Minnesota 8
L.A. Angels 6 Oakland 5
Today's games
(All times Eastern)
Seattle (J.Vargas 9-12) at Texas (Harden 5-5), 2:05 p.m.
Oakland (Cramer 2-1) at L.A. Angels (Pineiro 10-7), 3:35 p.m.
Detroit (Verlander 18-8) at Cleveland (Tomlin 5-4), 7:05 p.m.
N.Y. Yankees (Pettitte 11-3) at Toronto (Cecil 14-7), 7:07 p.m.
Baltimore (Millwood 3-16) at Tampa Bay (Niemann 11-7), 7:10 p.m.
Boston (Beckett 6-5) at Chicago White Sox (F.Garcia 11-6), 8:10 p.m.
Minnesota (S.Baker 12-9) at Kansas City (Hochevar 6-6), 8:10 p.m.

NATIONAL LEAGUE

Last night's results
Washington 2 Philadelphia 1
Atlanta 3 Florida 2
Cincinnati 3 Houston 2
N.Y. Mets 4 Milwaukee 3
Pittsburgh at St. Louis
L.A. Dodgers at Colorado
Chicago Cubs at San Diego
Arizona at San Francisco
Monday's results
Philadelphia 8 Washington 0
Atlanta 2 Florida 1 (11 ings.)
Milwaukee at New York (ppd., rain)
St. Louis 6 Pittsburgh 4
L.A. Dodgers 3 Colorado 1
Chicago Cubs 1 San Diego 0
Today's games
Pittsburgh (Ja.McDonald 4-5) at St. Louis (Walters 1-0), 1:40 p.m.
L.A. Dodgers (Kershaw 13-10) at Colorado (J.Chacin 9-10), 3:10 p.m.
Milwaukee (Gallardo 14-7) at N.Y. Mets (Niese 9-10), 4:10 p.m., 1st game
Florida (A.Miller 1-4) at Atlanta (D.Lowe 15-12), 4:35 p.m.
Philadelphia (Blanton 8-6) at Washington (Detwiler 1-2), 7:05 p.m.
Houston (Figueroa 5-4) at Cincinnati (Cueto 12-6), 7:10 p.m.
Milwaukee (Bush 7-13) at N.Y. Mets (Dickey 11-8), 7:40 p.m., 2nd game
Chicago Cubs (R.Wells 8-13) at San Diego (C.Young 1-0), 10:05 p.m.
Arizona (I.Kennedy 9-9) at San Francisco (Lincecum 15-10), 10:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	64	.592	-

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	89	69	.563	-
San Diego	87	69	.558	1.0
Colorado	83	73	.532	5.0

AMERICAN LEAGUE

LATE MONDAY

BLUE JAYS 7, YANKEES 5

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	1	0	Snider lf	3	2	2	0
Swisher rf	4	1	1	0	YEscor ss	2	1	0	0
Teixeir 1b	5	1	2	3	JBautst rf	4	0	0	1
ARdrgz 3b	4	0	0	0	V.Wells cf	4	1	3	3
Cano 2b	4	0	1	0	Overay 1b	3	1	1	0
Thams dh	4	0	1	0	J.Buck c	4	2	2	2
Kearns lf	3	1	2	0	Lind dh	4	0	1	0
Gmdrs cf	4	1	1	2	Encrnc 3b	3	0	0	1
Cervelli c	2	0	0	0	JMcDnl 2b	3	0	0	0
Posada ph-c	1	0	0	0					
Totals	**36**	**5**	**9**	**5**	**Totals**		**30**	**7**	**9**	**7**

New York	000	020	300	5
Toronto	115	000	00x	7

E—Encarnacion (17). DP—New York 1, Toronto 1. LOB—New York 7, Toronto 4. 2B—Snider 2 (20), V.Wells (42), Overbay (36). HR—Teixeira (33), Granderson (24), V.Wells (31), J.Buck (19). SF—Encarnacion.

	IP	H	R	ER	BB	SO
New York						
A.J.Burnett L,10-15	2 1-3	7	7	7	1	1
Albaladejo	1 2-3	0	0	0	1	0
Moseley	2	1	0	0	1	2
D.Robertson	1 1-3	1	0	0	0	0
Logan	1-3	0	0	0	0	0
Gaudin	1-3	0	0	0	0	0
Toronto						
Rzepczynski W,3-4	5	4	2	2	3	9
Tallet	1 1-3	4	3	3	0	3
Roenicke H,2	1-3	0	0	0	0	0
Carlson H,1	1-3	1	0	0	0	0
S.Downs H,25	1	0	0	0	0	2
Gregg S,36-41	1	0	0	0	0	0

T—2:48. A—16,004 (49,539) at Toronto.

SOCCER

MLS

Tonight's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.
Saturday's games
Toronto FC at Seattle, 3:30 p.m.
Houston at Philadelphia, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Real Salt Lake at New England, 7:30 p.m.
Kansas City at New York, 7:30 p.m.
Chicago at FC Dallas, 8:30 p.m.
D.C. United at Colorado, 9 p.m.
Sunday's game
Los Angeles at Chivas USA, 8 p.m.

CHAMPIONS LEAGUE

Yesterday's results
First round
Group E
Basel (Switzerland) 1 Bayern Munich (Germany) 2
AS Roma (Italy) 2 Cluj (Romania) 1
Group F
Chelsea (England) 2 Marseille (France) 0
Spartak Moscow (Russia) 3 Zilina (Slovakia) 0
Group G
Ajax (Netherlands) 1 AC Milan (Italy) 1
Auxerre (France) 0 Real Madrid (Spain) 1
Group H
Braga (Portugal) 0 Shakhtar Donetsk (Ukraine) 3
Partizan Belgrade (Serbia) 1 Arsenal (England) 3

ENGLAND

LEAGUE CHAMPIONSHIP

Yesterday's results
Burnley 4 Hull 0
Cardiff 0 Crystal Palace 0
Coventry 2 Doncaster 1
Derby 3 Middlesbrough 1
Leeds 4 Preston 6
Norwich 4 Leicester 3
Nottingham Forest 1 Sheffield United 1
Portsmouth 3 Bristol City 1
Scunthorpe 0 Barnsley 0
Watford 2 Swansea 3
Queens Park Rangers 0, Millwall 0
Reading 1 Ipswich 0

NHL

PRE-SEASON

Last night's results
New Jersey 3 Philadelphia 2
Washington 3 Boston 2
Pittsburgh 4 Chicago 1
Columbus 3 Minnesota 2 (SO)
Dallas at Colorado
Phoenix at Calgary
San Jose at Vancouver
Anaheim at Los Angeles
At Dundas, Ont.
Buffalo vs. Ottawa
Tonight's games
Detroit at N.Y. Rangers, 7 p.m.
Nashville at Atlanta, 7 p.m.
N.Y. Islanders (ss) at Philadelphia, 7 p.m.
Washington at Boston, 7 p.m.
Carolina at Florida (ppd., weather threat)
Toronto at Ottawa, 7:30 p.m.
Phoenix at Edmonton, 9 p.m.
Calgary vs. N.Y. Islanders (ss) at Saskatoon, Saskatchewan, 9 p.m.
Vancouver at San Jose, 10:30 p.m.

SABRES 2, SENATORS 1

First Period
1. Buffalo, Niedermayer (unassisted) 11:31 (sh)
Penalties — Weber Buf (holding) 7:55, Montador Buf (holding the stick) 11:14.
Second Period
2. Ottawa, Wiercioch (unassisted) 19:47 (pp)
Penalties — McCormick Buf (hooking) 3:29, McCormick Buf (fighting), Bass Ott (fighting) 5:48, Benoit Ott (roughing) 7:22, Neil Ott (slashing) 14:58, McCormick Buf (roughing double minor), Gryba Ott (roughing) 18:25.
Third Period
3. Buffalo, Pominville (Adam) 11:14
Penalties — McCauley, Buf, (fighting), 18:19; Carkner, Ott, (roughing, fighting), 18:19.
Shots on **Goal** by:

Buffalo	6	7	13	26
Ottawa	11	4	5	20.

Goal (shots-saves) — Buffalo, Miller 2-0-0 (20 shots-19 saves). Ottawa, Lehner 1-1-0 (26-24).
Power plays (goals-chances) — Buffalo 0 of 0; Ottawa 0 of 0.
Referees — Bill McCreary, Paul Devorski.
Linesmen — Mark Shewchyk, Derek Amell.
Attendance 980 (980) at Dundas, Ont.

LATE MONDAY

CANADIENS 6, PANTHERS 2

First Period
1. Florida, Booth 3 (Wideman, Weiss) 8:32 (pp)
2. Montreal, Spacek 1 (Eller, Cammalleri) 15:57
3. Montreal, Plekanec 3 (Weber) 18:29 (sh)
Penalties — Subban Mtl (kneeing) 0:47; Frolik Fla (slashing) 2:34; Ellerby Fla (elbowing) 3:27; Henry Mtl (high-sticking) 8:14; Lapierre Mtl (holding stick) 13:23; Subban Mtl (cross-checking) 17:38.
Second Period — No Scoring.
Penalties — Duco Fla (hooking) 3:27; Duco Fla, White Mtl (fighting) 10:11; Maxwell Mtl (interference) 13:22; Henry Mtl (tripping) 15:37; McCabe Fla (holding) 17:16.
Third Period
4. Montreal, Pyatt 1 (Maxwell, Weber) 0:44
5. Montreal, Plekanec 4 (Eller, Cammalleri) 3:47
6. Montreal, White 2 (Engqvist) 4:29
7. Florida, Weiss 1 (Booth, Wideman) 18:07 (pp)
8. Montreal, Cammalleri 1 (Eller, Gorges) 19:27
Penalties — McArdle Fla (double roughing), Pouliot Mtl (roughing) 5:08; Allen Fla (interference) 7:28; Allen Fla (cross-checking), Subban Mtl (diving) 10:01; Duco Fla, White Mtl (game misconduct, fighting), Gudbranson Fla (misconduct, fighting), Florida bench (abuse of officials; served by Dadonov), Moen Mtl (misconduct, boarding, fighting) 12:47; Ellerby Fla (roughing, fighting), Dumont Mtl (fighting) 13:08; Repik Fla (hooking) 14:44; Spacek Mtl (tripping) 17:44.
Shots on goal by

Florida	7	8	6	21
Montreal	12	10	13	35

Goal (shots-saves) — Florida: Vokoun: (L,1-1-0)(22-20), Markstrom (start third, 13-9); Montreal: Price (W,1-2-0)(21-19). **Power plays (goals-chances)** — Florida: 2-7; Montreal: 0-8.
Attendance — 21,273 (21,273) at Montreal

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	0	0	1.000	66	51
Green Bay	2	1	0	.667	78	47
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

WEEK 3

Monday's result
Chicago 20 Green Bay 17

WEEK 4

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Sunday's games
Denver at Tennessee, 1 p.m.
Detroit at Green Bay, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Seattle at St. Louis, 1 p.m.
San Francisco at Atlanta, 1 p.m.
Baltimore at Pittsburgh, 1 p.m.
Carolina at New Orleans, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Houston at Oakland, 4:05 p.m.
Indianapolis at Jacksonville, 4:05 p.m.
Arizona at San Diego, 4:15 p.m.
Washington at Philadelphia, 4:15 p.m.
Chicago at N.Y. Giants, 8:20 p.m.
Monday, Oct. 4
New England at Miami, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.
Friday's game
(All times Eastern)
Montreal at Calgary, 9 p.m.
Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.
Sunday's game
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Announced the resignation of chief operating officer Bob DuPay, effective Oct. 31.
MLBPA—Announced the retirement of chief operating officer Gene Orza, effective March 31, 2011.
NATIONAL LEAGUE
MILWAUKEE BREWERS—Named Dick Groch special assistant to the general manager in charge of pro scouting and player personnel, Zack Minasian director of professional scouting and Karl Mueller director of video scouting and baseball research.

BASKETBALL

NBA

CHARLOTTE BOBCATS—Signed C Matt Rogers.
LOS ANGELES CLIPPERS—Exercised their fourth-year contract option on G Eric Gordon and their third-year option on F Blake Griffin.
SAN ANTONIO SPURS—Signed G Kirk Penney.

FOOTBALL

NFL

ARIZONA CARDINALS—Re-signed CB A.J. Jefferson to the practice squad.
BUFFALO BILLS—Re-signed QB Levi Brown.
CAROLINA PANTHERS—Released DT Louis Leonard.
JACKSONVILLE JAGUARS—Claimed QB Jaguars Trent Edwards off waivers from Buffalo. Waived LB Alvin Bowen.
NEW YORK GIANTS—Placed S Michael Johnson on injured reserve. Promoted DB Brian Jackson from the practice squad.
SEATTLE SEAHAWKS—Signed WR Brandon Stokley, OL Allen Barbre and OL Breno Giacomini. Released RB-FB Quinton Ganther, OL Mike Gibson and OL Mansfield Wrotto. Canadian Football League
WINNIPEG BLUE BOMBERS—Signed RB Jonathan Hefney.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Hugh Jessiman to Rockford (AHL). Returned F Ludvig Rensfeldt to Brynas IF (Sweden).
NASHVILLE PREDATORS—Assigned F Matt Halischuk, F Linus Klasen, F Nick Spaling, F Andreas Thuresson, F Kelsey Wilson, D Teemu Laakso, D Grant Lewis, D Brett Palin and G Chet Pickard to Milwaukee (AHL).
NEW JERSEY DEVILS—Assigned D Tyler Eckford, D Olivier Magnan-Grenier, F Patrick Davis, F Stephen Gionta, F David McIntyre, F Brad Mills, F Tim Sestito, F Michael Swift, F Alexander Vasyunov, F Chad Wiseman and F Vladimir Zharkov to Albany (AHL).
NEW YORK ISLANDERS—Agreed to terms with D Mike Mottau on a two-year contract.
ST. LOUIS BLUES—Assigned F T.J. Hensick to Peoria (AHL).

AHL

PROVIDENCE BRUINS—Announced F Jamie Arniel has been assigned to the team by Boston (NHL).

ECHL

IDAHO STEELHEADS—Agreed to terms with D Mike Gabinet.
READING ROYALS—Signed Tim Branham as a player/assistant coach.

LACROSSE

NLL

CALGARY ROUGHNECKS—Signed F Daryl Veltman to a two-year contract and F Brandon Ivey, F Jordan Sealock and G Greg Hallett to one-year contracts.

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In brief

Korean car company Kia is following some great new models with its first ever EV, to be shown at the Paris motor show this weekend. The Pop is just three metres long, with a three-seater layout, two upfront and one behind the passenger.
METRO WORLD NEWS

Scan code for more car reviews and news

▶ The Si version of the 2010 Honda Civic Coupe looks fast even when it's standing still.

Who says you can't have fun for $26K?

2010 Honda Civic Si adds new meaning to the term 'bang for your buck'
Performance coupe gets you on the fast lane without the gas pump shock

JIM ROBINSON
DRIVE@METRONEWS.CA

Having monster engines with 400 and 500 hp is all well and good, but when it takes the high side of $100 to fill the tank, well, there has to be an alternative.

Honda believes it has an answer to providing performance while staving off gas pump shock with the 2010 Civic Coupe Si.

The Coupe Si shares the same "one-motion" profile concept of the current Civic line with a steep windshield rake, negligible front and rear overhangs, and a reduced gap between the wheel wells and the tires for a sweeping, cohesive appearance.

While the standard Civic Sedan/Coupe has a 1.8-litre engine with 140 hp and 128 lb/ft of torque, the Coupe Si has a model-specific 2.0-litre, DOHC four-cylinder with 197 hp and 139 lb/ft of torque. Honda uses variable valve timing along with all the knowledge gained through motorcycle and Formula One racing to extract the kind of high-revving power that just sings out.

In fact, this car can hit the 7,800 rpm redline so fast, there is a red warning light set high on the dash that starts flashing at 7,400 rpm as you approach top end.

The interior treatment is unique to the Coupe Si with red stitching on the seats and front seat bolsters so big; you almost have to climb in over them.

The Si shows that motoring in a quick and tidy manner does not have to cost the better part of fifty grand.

What the Civic Si does is prove that you can have fun and be practical at the same time, which when you think about it, is what Civics have been all about since 1973.

The specs

2010 HONDA CIVIC SI

- **VEHICLE TYPE** Compact performance coupe
- **PRICE** $25,880
- **ENGINE** 2.0-litre, DOHC in-line four-cylinder engine (197 hp, 139 lb/ft)
- **FUEL ECONOMY** (Premium) 10.2L/100 km city, 6.8L/100 km highway

Next-gen Ford Focus climate-tested to the extreme

The next generation Ford Focus has been tested in some of the most extreme locations on the planet, over frozen lakes, across the hottest deserts and up and down high Alpine passes to ensure impeccable reliability and dependability wherever it is sold.

Ford's climate control test team travels the world to ensure that the car's EATC (Electronic Automatic Temperature Control) system can handle any conditions. The system needs to be able to cool the occupants down quickly and comfortably in scorching sun and warm them up just as rapidly when the temperature drops.

In the next generation Focus, the EATC system cools occupants more comfortably and efficiently than ever before. The fans are quieter and are capable of moving cool air through the cabin more quickly. The team's task is to fine-tune this system.

▶ The upcoming Ford Focus has undergone rigorous climate testing to satisfy every driver's preference.

One of the team's regular testing locations is Antequera in Southern Spain.

In the height of summer this is one of the hottest places in continental Western Europe, with temperatures regularly rising above 40 degrees C.

One of the main challenges for the team is that customers in North America have different preferences to their European counterparts, so the two test vehicles have different calibrations.

North American customers generally like to feel a strong cooling effect while the European customer preference is for the cabin to be cooled but not to feel chilled.

FROM CARGUIDE

BAD DRIVING WRITTEN IN THE STARS?

People will be predisposed to be good or less good at pretty much every endeavour under the sun.

But it always surprises me how clean is the cleave between those who have some grace or intuition behind the wheel, and those whose every drive is fraught with in-trepidation and confusion and anger — like instead of driving they were actually engaged in trying to assemble Ikea furniture.

I remember a performance driving instructor once remarking to me that it was difficult to teach "smoothness" to prospective racing car drivers — they sometimes got quicker, but never smoother than the drivers that started out smooth.

In addition to innate physical or neurological differences, you know that personality type also has to figure into the driving equation. For example, overly aggressive types can be awful drivers, as can be overly timid drivers.

My observation is that people are generally decent drivers, regardless of personality or attributes (physical or otherwise), when they bring "anticipation" and "mechanical sympathy" to the task at hand. Thinking a couple of steps ahead keeps you from having sphincter moments, and understanding a bit about the "horse" underneath you will surely help you from getting thrown off.

Trying to accelerate out of a snow bank by immediately nailing the accelerator is always a telltale sign of someone who has absolutely no bond with his horse.

Of course there is, and always has been, some stereotyping about driving capabilities along gender and age lines — something that's reflected in insurance premiums. For example, teenage boys, who are perceived to be risk takers, pay a lot more than teenage girls.

Watch the signs

Insurance Hotline's Lee Romanov runs a website called carcarma.com that lists driver types according to zodiac signs (tongue firmly in cheek, of course). Here's the rundown from worst to best:

- **LIBRA** not good at snap decisions
- **AQUARIUS** inflexible and rebellious
- **ARIES** impatient and warrior-like
- **PISCES** sign of directionally-challenged fish, enjoy daydreaming
- **SCORPIO** dominating and vengeful
- **TAURUS** sign of the obstinate Bull, charges red lights
- **SAGITTARIUS** experienced risk takers
- **CAPRICORN** goal oriented
- **VIRGO** attention to detail
- **CANCER** homebodies, view other motorists as family
- **GEMINI** original multi-taskers
- **LEO** Generous, comfortable sharing

"I hate that," says Lee Romanov, of InsuranceHotline.com. "This industry (vehicle insurance) is the only one that still allows for ratings based on stereotyping. No one else does that. You have responsible girls and you have responsible boys — that's the bottom line. You shouldn't be quoted based on what they think you might do in the future."

With tongue in cheek (I think), Romanov notes that the biggest influence over how good a driver you are is actually your Zodiac sign. She examined the driving record of over 100,000 people with varying Zodiac signs, and said the results were "overwhelmingly" clear: drivers with certain Zodiac signs seemed destined to have more accidents, while other signs were destined to have more tickets. (See accompanying chart for rankings, and her website, carcarma.com, for your own personal Zodiac driving profile).

Libras are the worst. They're not good at making snap decisions, and their propensity for creating balance and harmony, makes them politely flag drivers through, which often causes others to rear-end them.

What do you think Mr. or Ms. Libra? Were you born bad, or made bad? Or a victim of a conspiracy theory? Either way, food for thought.

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Impreza's got loyal fans

Subaru model may not be very popular but enthusiasts share a special bond with sporty car

▶ If you enjoy performance driving, then a pre-owned Subaru Impreza may be the car for you.

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Subaru Impreza has always been an enthusiast's car that packed quirky styling, unique powertrains and earned a loyal following of fans after year-round sporty performance.

All models, including the last-generation (2002 to 2007 model years inclusive), got a decision-free All Wheel Drive (AWD) system and horizontally-opposed four-cylinder boxer engine. The boxer engine sets the pistons against one another in a flat, wide configuration which lowers the car's centre of gravity for more nimble handling. It sits closer to the road than a traditional in-line engine, and is easily dislodged in the case of an accident- making it a safety feature as well.

2006 saw the engine updated, upping power output slightly to 173 ponies. Automatic or manual transmissions are both available.

Models from 2004 and onwards were fitted with upgraded suspension components for a better ride, as well as added convenience features. Depending on the model and year, look for features like power windows, mirrors, locks, air conditioning, cruise control and tilt steering.

The specs

- **MODEL** 2002 to 2007 Subaru Impreza
- **VEHICLE TYPE** Sedan or five-door
- **APPROXIMATE USED PRICE RANGE** $6,000 to $25,000

What Owners Like

Not surprisingly, last-generation Impreza owners mostly enjoy the vehicle's driving experience, wintertime traction, performance and the added utility of the five-door model.

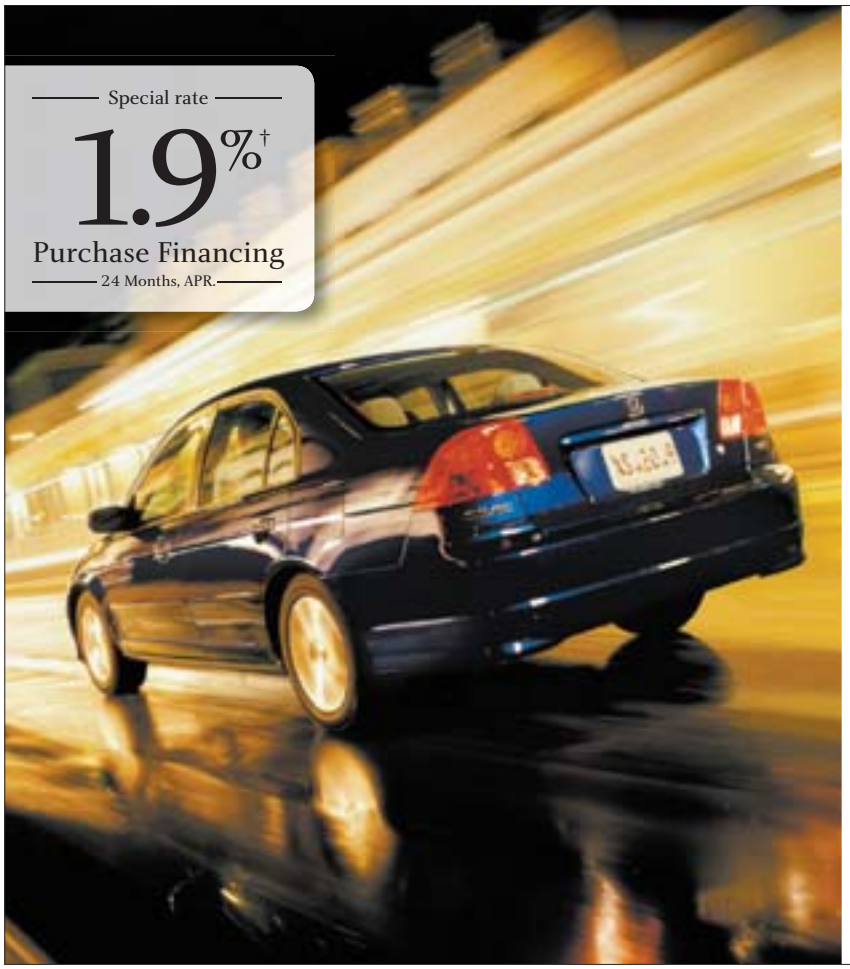
What Owners Hate

Common complaints include a rough ride on some models, as well as limited rear-seat space, controversial styling on certain models, and a plain, low-key appearance.

Common issues

On earlier models, a possibly faulty clutch line and slave cylinder may result in a limp clutch pedal. Squeaks and rattles are the next most commonly reported problems.

Though largely proven and known to be 'bulletproof', the Impreza did suffer from what appears to be a fairly common head-gasket related problem.



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2010 Dodge Grand Caravan SXT shown.‡

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SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, ^, †, ±, ≠, ♦, ‡, § The New Fall Colours offers apply to retail deliveries of selected new and unused models purchased between September 1, 2010 and September 30, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. • $19,999 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24P) only and includes $8,000 consumer cash discount. $19,999 Purchase Price for 2010 Dodge Journey SE Canada Value Package (29P) only and includes $1,250 Consumer Cash Discount. See participating retailer for complete details. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2010/2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †Other retailer charges may apply. Retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer. ‡2010 Dodge Grand Caravan SXT shown. 2010 Dodge Journey R/T AWD shown. Vehicles may be shown with optional equipment. ^2010 Dodge Journey SE Canada Value Package (29P) was the best selling crossover in Canada for the 12 months ending December 31, 2009 based on Canadian sales data published by GoAuto.ca. ≠Customer Choice Financing for 36- 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealer/type to qualified retail customers on most new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van and Ram Chassis Cab. Vehicles are financed over a maximum 84-month term. Down payment, trade-in and/or first payment may be required. Example: $146 bi-weekly payment at 5.99% APR for 60 months equals $10,220 financed. Cost of borrowing is $3,871.83. Total obligation is $14,091.83. Other financing options available through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84-month terms. Variable rate shown is based on TD and RBCP Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec dealers. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. ♦Customer Choice Financing for 36- 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealer/type to qualified retail customers on most new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van and Ram Chassis Cab. Vehicles are financed over a maximum 84-month term. Down payment, trade-in and/or first payment may be required. Example: $122 bi-weekly payment at 3.00% APR for 84 months equals $10,248 financed. Cost of borrowing is $1,548.08. Total obligation is $11,796.08. Other financing options available through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84-month terms. Variable rate shown is based on TD and RBCP Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec dealers. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. ±Variable Prime Rate financing up to 84 months is offered on approved credit on all new 2010 and 2011 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84-month terms. Variable rate shown is based on TD and RBCP Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec dealers. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. ‡2010 Dodge Grand Caravan SXT/2010 Dodge Journey R/T AWD shown have a higher price than the 2010 Dodge Grand Caravan Canada Value Package/2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. §Based on January through June, 2010 R.L. Polk sales total registrations. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ™Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

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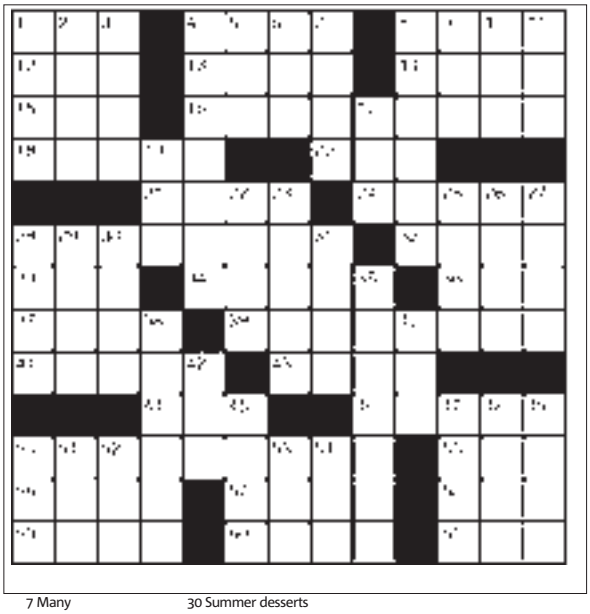
Crossword



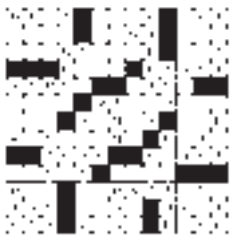
Across

1 Honest politician
4 Spring
8 Unrivaled
12 Water barrier
13 Frizzy coiffure
14 State with certainty
15 Sapporo sash
16 Rodgers and Hammerstein musical
18 John's 2008 running mate
20 Vast expanse
21 Salon request
24 Wept
28 Accesses to greens
32 Busy with
33 Curved path
34 Struck, old-style
36 Pool stick
37 Maintain
39 Don't cheat
41 Simplifies
43 "Sopranos" actress de Matteo
44 As well
46 Perjury
50 "Cinderella", e.g.
55 — de Oro
56 Hodgepodge
57 Foolish sort
58 Lennon's lady
59 $50 "Monopoly" payment
60 Automaker Ransom Eli —
61 Homer's neighbor

Down

1 Commotions
2 Rum cake
3 Eastern potentate
4 Kidney-shaped nuts
5 Frequently
6 Playwright Levin
7 Many
8 Jungle trek
9 Eggs
10 Mainlander's memento
11 Mess up
17 Common Mkt.
19 Taxpayer's mo.
22 Freeway access
23 "— Kentucky Home"
25 Erstwhile Peruvian
26 Needle case
27 Active one
28 Counterfeit
29 Vicinity
30 Summer desserts
31 Celeb
35 Holes for shoelaces
38 Fuel for a Bentley
40 Actress Wray
42 Sauce source
45 Sgt. Snorkel's dog
47 Press
48 Baseball team
49 Suitable
50 Watch chain
51 Carte lead-in
52 Midafternoon, on a sundial
53 Piercing tool
54 Cover

▶ Yesterday's answer



Sudoku

	9		2				4	
			5				1	8
		8	7		4	9	5	
	3	1						
9								2
						7	3	
	5	2	6		9	3		
7	6				2			
	4				8		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	4	7	9	3	2	1
9	3	1	6	2	8	4	5	7
7	2	4	3	5	1	8	9	6
1	5	2	7	8	4	9	6	3
8	9	6	2	3	5	1	7	4
4	7	3	1	9	6	5	8	2
6	8	7	9	1	3	2	4	5
2	1	9	5	4	7	6	3	8
3	4	5	8	6	2	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Karen, my snuggley wuggly fuggly, I'm soooooo happy to be sharing in this one-month anniversary with you. Your the cutest. **DANNY XOXOXOINFINITY.**

Cody.. This is just a little kiss to tell you thank you for always supporting me no matter what. You are truly a gift and I couldn't be happier. You have my heart and that will ever change. I love you! – **NICOLE AKA GORGEOUSNESS**

To my Sweet Pea, just to let you know how much you mean to me, you're my sunshine, I light up when I'm with you, my soulmate, you're caring, and you're an incredible friend & more, love you lots – **AMORE XOXO**

Jenny Pooh, You are an Amazing Lady and I Love You so much. Let's make US a Life together and be Happy, Fulfilled and full of Love! Forever Yours. **POOH BEAR**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you see something you desire today just reach out and take it. Cosmic activity guarantees that someone will try to stop you but you're an Aries, you always win. Be fast and be first.

♉ Taurus April 21-May 21 New methods and new routines are not an option, they are a must. If you don't keep up with the latest developments in your work and creative activities you will get left behind.

♊ Gemini May 22-June 21 Everything seems to be going right for you now without much of an effort on your part. But don't take too much for granted. Challenges and setbacks are a fact of life, so be ready for them every day.

♋ Cancer June 22-July 22 Upheavals in the domestic sphere are likely now but if you take them in your stride and refuse to get angry you will come through unscathed. Don't try so hard to please other people.

♌ Leo July 23-Aug.23 If you need to go back on a promise or in some other way let a friend down today then do it quickly and get it over with. They won't be happy but you can make it up to them later.

♍ Virgo Aug. 24- Sept. 22 Ignore what everyone else says you should be doing and do what feels right to you. While Mercury remains in your sign you are more likely than they are to see your situation clearly.

♎ Libra Sept. 23-Oct. 23 Play to your strengths today and let other people conform to what you want to do. This is your time of the year and you really don't have to change your outlook in any way at all.

♏ Scorpio Oct. 24-Nov. 22 Is your mind clear? Do you know what needs to be done? These are important questions and until you have answered them fully you would be wise to hold back from initiative.

♐ Sagittarius Nov. 23-Dec. 21 You may be tempted to get involved in a friend's private affairs but before you go sticking your nose in, you might like to consider what their reaction is likely to be.

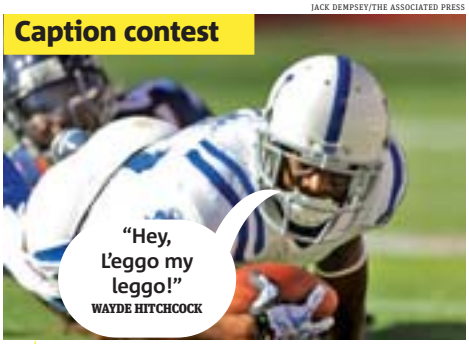
♑ Capricorn Dec. 22-Jan. 20 You are determined to prove you have what it takes — yes, even more so than normal. You are so fired up with ambition that you won't let anything stand in your way.

♒ Aquarius Jan. 21-Feb. 18 A touch of ruthlessness, both with yourself and with other people, may be needed today, especially if you find yourself in a situation where conditions make it difficult to get moving.

♓ Pisces Feb. 19-March 20 You don't have to do things the way they have always been done. You don't have to tread the same path as everyone else. Life is yours to do with as you wish, so follow your dream. **SALLY BROMPTON**

Caption contest

JACK DEMPSEY/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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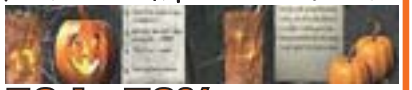

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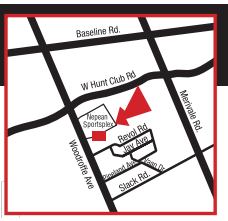

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GRADUATE REBATE PROGRAM

™The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. ◊Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Santa Fe GL 2.4L 6-speed with an annual finance rate of 0% for 60 months. †Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Accent GL 3 Dr 5-speed/2010 Accent GL 4 Dr 5-speed/2010 Elantra L 5-speed with an annual finance rate of 0%/0%/0% for 84/84/84 months. Monthly payments are $170/$179/$179. No down payment is required. Dealer participation of $350/$500 for 2010 Accent GL 4Dr 5-speed/2010 Elantra L 5-speed is included. Finance offers include Delivery and Destination of $1,495/$1,495/$1,495 fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Santa Fe GL 2.4L 6-speed for $25,895 at 0% per annum equals $431.58 per month for 60 months for a total obligation of $25,895. Cash price is $25,895. Example price includes Delivery and Destination of $1,760, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. ◊†Starting Prices for 2010 Accent GL 3 Dr 5-speed/2010 Accent GL 4 Dr 5-speed/2010 Elantra L 5-speed/2010 Santa Fe GL 2.4L 6-speed are $14,480/$15,180/$15,130/$25,895. Delivery and Destination charges of $1,495/$1,495/$1,495/$1,760, fees, levies, charges and all applicable taxes (excluding HST) are included. Registration, insurance and license fees are excluded. ΩPurchase or lease any 2010 Santa Fe model equipped with all wheel drive and receive a price adjustment of $2,000. Certain conditions apply. ◊†ΩOffers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ∞Based on the July 2010 AIAMC report. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.